



From the Principal High Talent

In last week's High Talent summary of the School Swimming Carnival results, I omitted to include Joshua Park (10T) who broke the 16s 200 Individual Medley record from 2005 (2:26.00). Apologies to Joshua for the omission. Congratulations to Ben Hunter (7M) who became the NSW Open Skiff champion (Silver Fleet) last weekend at Belmont.

Congratulations

Iftar Celebrations

It was a privilege to be able to observe the evening prayers and share a meal to celebrate Iftar, on Tuesday evening in the Great Hall. The High Islamic Society has been a vibrant group of students for twenty years. The Old Boys sponsor the evening's food, and the current students serve and clean up. There was a table of 2006 alumni whose own children are approaching high school age. Thank you to the English and History staff who attended, and to Ms Luu for her coordination of the event. We were fortunate to have of a table girls from SGHS attend, along with their Principal, Ms Powell. We hope that the annual event will be a broad High community one, going forward. The tone of the evening was respectful, positive and hopeful for the future.



Winter Sport Commences

This is changeover week from summer to winter sport. It is also the week that Captains of teams have an obligation to write up their team / crew season in review. *The Record* is a repository of recollections, where all teams have a voice. The historical record of this voice for season 2024-5 needs cooperation from Captains. Reports are due to Ms May by 24.3.25.



Invoices for Summer Activities Co-payments

Families in Year 7, those later for year enrolments, and those activities with term-by-term commitments, have had statements emailed for **Term 1** activities. Despite these charges, most **activities are also heavily subsidised from school funds**, particularly in direct budget grants from school funds (*voluntary contributions*), provision of MICs allowances, teacher supervision on Saturdays, WHS compliance costs, access to facilities and grounds, first aid costs (*co-curricular supervision levy*) and parking allocation self-help support. **Co-payments are used primarily for the provision of coaching.** In basketball alone, a team of over 35 people delivers the program! We to have staff, students, Old Boys, coaches, parents and volunteers working to make your son's school experiences more enjoyable. It would be appreciated if you could make your co-payments promptly for your son's summer sport and co-curricular activities. Thank you for your ongoing belief in the value of the scholar-sportsman ethos.

Rowing Assembly 2025

Good luck to all our rowers on Saturday! My speech at the rowing assembly is reprinted below:

'Special guest, Nick Armstrong (SHS-2001) School Captain, rowers of Head of the River crews, parents, students, teachers, welcome to our 2024 rowing assembly. We come together on the traditional day before the big event to honour and congratulate our crews as they prepare for their extreme test at the Head of the River regatta tomorrow.

Thank you to MIC, Coaching Coordinator and Maintenance Manager, George Barris (SHS-2001) for his passionate, efficient and dedicated management of the sport which is unparalleled at GPS level in its demands of time and organisation in various contexts. Rowing participation is booming at High. Irrespective of the racing results, lots of boys are benefitting physically, socially and emotionally from their participation in the program.

Thank you to our teaching staff – Con Barris (SHS-1972), Joanna Chan and Terry Fong (SHS-2014) – for their assistance with the program. Well done to our coaches - Steve Comninos (SHS-2013), Gordan Su (SHS-2018), Daniel Xu (SHS-2016), Jack Ralph (SHS-2018), Robert Yuan (SHS-2016), Adrian Wong (SHS-2021), Jack Smiles (SHS-2022), Kevin Chen (SHS-2021), James Appleton (SHS-2019), Patrick Ta, Thomas Britton (SHS-2022), Subhan Mustafa (SHS-2004) and Jack Bowditch.

Twenty-five years ago, High boated 2 VIIIs, 4 IVs and 2 Junior VIIIs at the Head of the River in 2000. Two of our current staff members, Mr Barris and Mr Paul competed that day. The First VIII placed 7th in a time of 6.16.24 (winner's time +5.09%) and the 2nd VIII were also seventh in 6.23.15 (winner's time +5.32%). Since that day at SIRC, the first VIII performance has only been beaten once in 2005 and the second VIII effort twice, in 2005 and 2017. They were memorable performances that illustrated what depth of rowing talent can accomplish at High. Rowing has a proud tradition at High. It is being supported every time a crew gives their all in a race at the Head of The River.

I want to congratulate all the boys who have been selected to compete for High. You will become a part of a long tradition, and your story will be written in our record books as it was in 2000. Set your own goals and support the crew goals to inspire group performance. Good luck with the weather and the waves, given our customary poor lane draws. Make your effort one you will be proud of. You owe it to yourself. Your season of training and camaraderie comes down to less than 7 minutes on the water. I wish all crews the best of luck on Saturday and hope that the eight can beat 6 minutes and 22 seconds – a barrier we have not broken through since 2017.

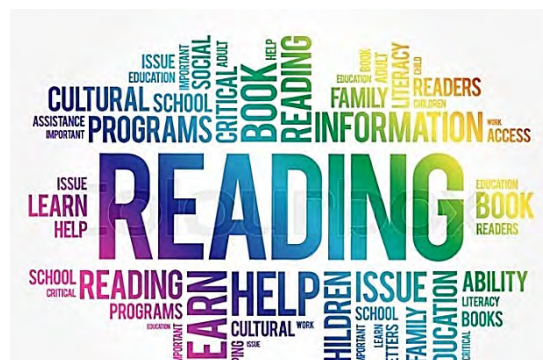
A world of knowledge awaits students in the library, and we are thrilled to support your academic journey.

- Monday, Tuesday, Thursday, Friday- 8:00am - 3:15pm.
- Wednesday - 8:00am - 12:25pm.

- Monday - Friday – 7:30am – 3:10pm.

Study: Utilise our quiet spaces for individual or group study.

Catch Up: If your classes are cancelled, remember you can use the library to catch up on assignments and coursework available on Canvas.



We are looking forward to an enriching and productive year.

SBHS Library Team



Clean Up Australia Day – Community Services Committee (CSC)

On Friday 28 February - week 4, our annual contribution to Australia's immaculate environment, Clean Up Australia Day, took place at Centennial Park. At 6:30am, our 72 dedicated volunteers assembled at school ready for a productive morning of serving the community.

We walked as a group to Centennial Park and split up into 3 groups responsible for 3 zones of the park including McKay Oval and Fearnley Grounds. We successfully collected more than 50 large bags of rubbish, saving various pieces of plastic from entering our delicate waterways.

As we were walking back to the bins with our collected rubbish, a SBHS old boy who was cycling past our group began singing our school song, "Come rally round boys young and old". Our group then sang in unison and responded, "To swell the happy throng!" This shows how community service events serve to engage participants and unite students of all ages and preserve and uphold the legacy and tradition of our school's fair name as compassionate and caring for our wider environment and society.

thank you

The CSC Executive Team would like to express our gratitude for all the diligent CSC members who woke up early and volunteered to make a positive impact in our local community. We also extend a special thanks to Ms Hinton, Ms Kang and Mr Ormsby for volunteering their morning to help this initiative happen.

Lucas Wang 11R
2025 CSC Publicity Officer



HSC Studies of Religion 2 – Exploring Islam Excursion!

On Tuesday 11 March, our HSC Studies of Religion 2 class embarked on an enriching excursion to the Auburn Gallipoli Mosque, where we gained a deeper understanding of Islam.

We had a thoughtful discussion on faith and practice and the opportunity to hear a speaker's personal reflections, notably on completing the Hajj, offering us a deeper insight into the spiritual and communal aspect present in Islam.

Our exploration continued at the ISRA (Islamic Sciences and Research Academy) Centre, where we engaged in a conceptual and interactive lecture on Islamic bioethics and significant personality Imam Shafi.

This excursion broadened our understanding of the depth and complexity of Islamic teachings to help us in our HSC study. Thank you, Ms Luu.

Arin Bhargava 12E



ADVENTURE STARTS HERE 2025

TELL ME MORE



The Duke of Ed is a prestigious award that's all about getting active, learning a skill, and giving back to your community. You get international recognition for doing the things you love and you get to go on awesome adventures in the bush.

YouthAdvance is partnering with your school to offer this amazing opportunity for all students in Year 9-12.



**PHYSICAL
RECREATION**



SKILLS



**VOLUNTARY
SERVICE**



**ADVENTUROUS
JOURNEY**

Parent Information Night - Wednesday May 7th 6:30pm
TEAMS Meeting ID:492 424 534 585 Passcode:ia7zu7na





CAREERS SBHS

The importance of self-care for Students!

Tips for maximising your Scholarship application!

Why is self-care important?

Reduce stress and anxiety!



Boost Academic Performance!

Year 12 are now reaching exam block! I recommend skimming this article for some closure:
<https://studyworkgrow.com/the-importance-of-self-care-for-high-school-students/>

Tips for Maximising your Scholarship Application!

Start early.

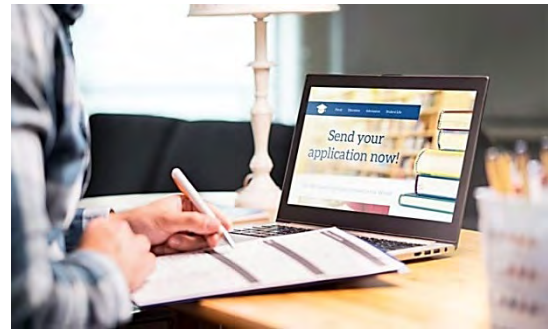
Make it personal.

Provide details using the STAR METHOD:

- **Situation:** Describe the situation and when it took place.
- **Task:** Explain the task, the goal and your role.
- **Action:** Provide details about the action you took.
- **Result:** Talk about the results of your actions, try and use concrete numbers or evidence if possible.

Keep it Relevant

It is important to make sure you don't spend lots of time waffling on.



I PROMISE this 3-minute read will help you gain some sort of structure for your scholarship applications:

<https://studyworkgrow.com/7-tips-for-maximising-your-scholarship-application/>



Recently at HIGH, UNSW were kind enough to drop by to give students an insight into what they offer.

Andrew Ding
Careers Prefect





Leukaemia
Foundation

**World's
Greatest
Shave**

SHAVE SHOP 

Harvey Norman

**ARE YOU READY TO
SHAVE
THE WORLD FROM
CANCER?**

**MONDAY 24th March 2025
Outdoor Basketball Courts**

Spray Your Hair for \$5 !

Come Watch Teachers Get Their Head Shaved!



[Our Team Fundraising page](#)





RSL NSW ANZAC DAY March

Our Marching Band has been selected again to participate in this year's ANZAC Day March in the CBD. ALL members are required to wear a school BLAZER. Juniors are to wear a white collared shirt, LONG grey school trousers and school tie - FULL music performance uniform.

Combined Concert with Chatswood High

Our Percussion ensemble, Choir and Strings will be combining with Chatswood High - along with St George Girls, Northholm Grammar and Brigidine St Ives to celebrate Chatswood High's 10 years of percussion ensemble program on Sunday 6 April. Special guest artist will be Javier Nandayapa from Mexico. The concert will be held in their Multipurpose Centre at 2pm - entry is FREE (unreserved seating). Students involved will be required to be at Chatswood High at 11am for rehearsal prior to the concert.

Transdev John Holland Randwick Buses 77th ANZAC Memorial Service

Selected members of our marching band have been invited to perform at the 77th Annual ANZAC Day Memorial Service at Randwick Bus Depot on Wednesday 16 April at 11am. We would like to invite parents and families to attend this special event. Address for this event: 36 King St, Randwick.

HSC Music 2 Composition Workshop

We were privileged to have esteemed Australian composer and senior lecturer in composition at the Sydney Conservatorium of Music, The University of Sydney, Dr Jim Coyle present a workshop to the HSC class earlier this week on Monday. Dr Coyle gave great insight into compositional techniques and developing of ideas, workshoping some of our HSC students' compositions in progress.

Music Instruments in Storeroom

A reminder to place your instruments neatly in their designated areas in the music storeroom to avoid damage and leave a clear pathway down the aisle as it becomes a safety hazard otherwise. All instruments should have a tag attached to the case with student's name and contact details clearly labelled.

Instrumental Lessons

Instrumental lessons are available before and after school. Please see the music notice board outside the music staffroom for tutor contacts to arrange a suitable time.



Violin available to purchase

If you are looking to purchase a high-quality violin, please see the music staff for details. The violin is a German factory instrument certified by French violin maker and restorer, Antoine Lespets.

Suzanna Lim
Music Teacher

2025 Music Ensemble Schedule

MONDAY (Before School)	TUESDAY (Before School)	WEDNESDAY (Before School)	THURSDAY (Before School)	FRIDAY (Before School)
Intermediate Concert Band 7.30am – 8.30am Governors Centre	Senior Concert Band 7.30am – 8.30am Governors Centre	Symphonic Strings Ensemble 7.45am – 8.45am Room 204		Marching Band GH/MPW Scheduled Sessions
Guitar Ensemble 7.45am – 8.45am Room 201		Senior Stage Band 7.45am – 8.45am Room 201	Symphony Orchestra 7.45am – 8.45am Room 201	Chamber Choir Ensemble 8.00am – 9.00am Room 201
Philharmonic Strings Ensemble 7.45am – 8.45am Room 101	Junior and Senior String Quartet 7.45am – 8.45am Room 101	Junior Stage Band 7.45am – 8.45am Room 101	Intermediate Stage Band 7.45am – 8.45am Room 101	
(After School)	(After School)	(After School)	(After School)	(After School)
Guitar Ensemble 3.15pm – 4.15pm Room 201				Jazz Ensemble 3.15pm – 4.15pm Room 201
				Percussion Ensemble 3.15pm – 4.15pm Governors Centre



HIGH SAILING

High Sailors

Congratulations to Benjamin Hunter 7M who competed in the NSW Open Skiff State finals silver division at Belmont over the weekend. Benjamin sailed remarkably well in a fleet of 39 competitors and after 7 races took out the competition becoming the 2025 NSW Open Skiff State Champion - Silver Fleet. Benjamin also won the U13s title in the same category.



Saturday Regatta

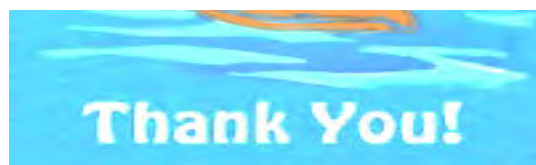
On both Saturday and Sunday, the first and second grade teams participated in a Regatta hosted by Cranbrook. We raced against many other schools, Knox, PLC, Reddam, Scots and other schools. Our first-grade team won most of their races 5/7, with impressive performances by all the skippers and crews. Our best wins were against Knox, with 1, 2, 5 wins, and a 2, 3, 4 victory against PLC. Our second-grade boys did struggle against some of the other schools, however still managed to have some good races.



Year 12 Last Session

On Wednesday 12 March, we had our final sailing session of the season. Thank you to the year 12s who have been a part of the program for the last few years, hopefully they all continue to sail in the future.

Matthew Kuskoff 12T





Cricket 2025 Term 4 Round 14 GPS Cricket 2024/2025 vs The Kings School

1st XI Report

For the final round of the 2024/2025 GPS season, High took on the newly crowned premiers Kings away from home. Winning the toss, captain Eddie Barks elected to bowl first in his final game for the school. High started strongly, and in familiar fashion ripped through the opposition's top order to leave them 5/49 after 12 overs, thanks to a clinical opening spell from Aayush Kumar and Bibek Saha. Unfortunately, High's dominance with the ball was accompanied by numerous poor umpiring decisions, allowing the Kings to regain control in the contest. A brilliant display of bowling from Nehan Hossain in a spell that deserved multiple wickets left him with impressive figures of 0/12 (10). Strong bowling from Viv and Abhinav Inala managed to limit the Kings' onslaught with the opposition ending up on 9/210 (50).

Nayani being too scared to open the batting forced Aayush to be sent up the order for the first time. A fiery opening spell from the Kings bowlers made it tough for the High batters, with the visitors struggling at 2/17 (7). A small fightback was short-lived as Eddie Barks was dismissed relatively cheaply in his final innings for just 14 before many other batsmen failed to convert their starts. Number 10 Bibek Saha chipped away at the lead before somehow surviving a stumping appeal despite being halfway down the pitch. High was eventually bowled out for 92, losing the game by 118 runs against a strong Kings outfit.



I want to thank 1st XI coach Billy Barge, MIC Mr Smith, 2nd XI coach Ramin Hossain and most importantly 1st XI scorer Venkatesh for their efforts throughout the season in what has turned out to be the most successful campaign for High in many years. I would also like to wish the remainder of the 1st XI all the best for next season as they continue to compete in the GPS, and I am pleased to leave the cricket program here at High in a better state than it has been in recent years.

Eddie Barks 12T

1st XI Captain



2nd XI Report

The boys went out to bat in the scorching sun after winning the toss. The heat made it difficult to focus while batting, especially for some of the boys who were fasting. Despite this, the boys tried to push through for their last game of the season. We kept losing wickets in clumps, and despite a fightback from Vedantik with 28, it was a poor batting performance, which left the boys disappointed, especially after such a good year of cricket ended on a bad batting note. The opposition didn't have too many runs to chase down; however, the boys still put their all in through the heat, but to no avail. Kushal snagged 2/10, but getting three wickets was the best the boys could do defending such a low total. Although a disappointing last game, the boys had a great second half of the season with four wins from 6. We eagerly look forward to next season.

Tafheem Choudhury 11E

2nd XI Captain





14A



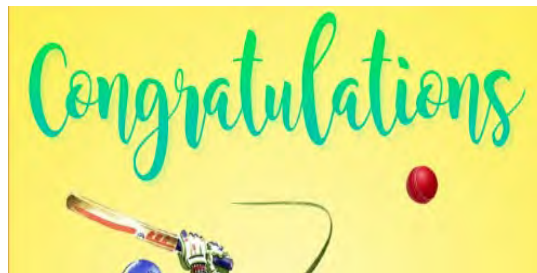
15A



14B



13A



MIC Report

Congratulations to the 14A Team who went undefeated in the GPS Cricket this season by winning 14 out of 14 games in the away and home matches. They also won the East Coast Cup 3-0. This is a record that not many teams from High have achieved in the history of the competition. It is tough to go undefeated in the GPS, considering the high standard of the teams and playing on different turf wickets at the opposition grounds. The 14A side – Saharsh Subramanian © Vihaan Chamoli, Imman Hossain, Rohan Joshi, Aadi Kudav, Anish Nittala, Arjun Patil, Vedansh Shankla, Vithun Sharmilan, Krishna Soundapparaju, and Tavish Tewari. The team was coached on a Saturday by Mr Rahul Tewari who guided the team each week to win all their matches.

Our 1st XI obtained the Joseph Coates Trophy by defeating Newington College – High 7/155 vs Newington 9/154 at Newington College. This trophy is named after Joseph Coates who was a Principal at SBHS and Newington College. Sydney High have not held this trophy since 2019. Well done to the 1st XI on a great game and winning the trophy for another year. Our Davidson Shield 2025 Team had a big win against Sydney Tech on Monday. High 4/270 (A.Nayani 106) vs Sydney Tech all out for 60. The team now is in the quarterfinals of the Sydney East Competition.

Many teams have won games in the GPS Cricket this season and our winning ratio has been the best it has ever been for a long period, around 50% of teams win each week. At our Cricket Presentation, we will be congratulating every player. All players will be receiving a medallion on stage with their team. Nine players were able to get 5 wickets in a game and four centuries in the CHS Competition. We had several batsmen who made 90 runs but couldn't convert their score into a century in the GPS.

Finally, I am looking forward to seeing all the players at our **Cricket Presentation on Saturday 22 March**. It is an evening to celebrate our season with the coaches, players, parents and cricket community getting together in the Great Hall.

Mr David Smith

MIC Cricket

Vedantik Bhattacharyya 11S



MIC – Mr Rowlands (Social Science Staffroom)

GPS Carnival 4 Results

The fourth GPS carnival was held on Friday 14 March at SOPAC. The boys did very well with many swimmers qualifying for CIS, including our senior 4x50m freestyle relay team.

Thank you to Coach Ike Matsuoka (Class of 2021) for helping me give feedback to the athletes after their races. I hope each swimmer can utilise the feedback given to them in their training to improve each week.

Also, thank you to former MIC Peter Loizou for helping with supervision on the day, and making sure the boys did not miss their events.

Congratulations to the following boys who qualified for CIS: **Ryan Chai** Intermediate 200 Backstroke 3rd place, **Kester Jan** Intermediate 200 Breaststroke 2nd place with a massive PB time of 2:35.39 which is a 7 second PB, Senior 4x50m freestyle relay team 3rd Place (**John Hong** 26.54, **Cassiel Yun** 26.18, **Johnathan Zhou** 25.98, **Jiazi Chen** 24.13).

Some impressive swims included **Kester Jan** 15 Years 50m Breaststroke in a new PB time of 32.18 winning the event and securing 20 points for the intermediate division, **Mark Yan** also secured a strong 4th place finish in the 16 Years 50 breast with a time of 32.63. **Ryan Chai** won the 15 Years 50m Backstroke Championship in a time of 31.00, and **Jiazi Chen** came 2nd in the 17 Years 50m Backstroke in a time of 29.33, **Daniel Choi** set an impressive new PB time in the 50 fly of 30.22. Our intermediate 4x50m freestyle relay narrowly missed CIS with a strong 4th place finish (**Ryan Chai** 27.30, **Maksim Kireev** 27.19, **Joshua Park** 26.45, **Mark Yan** 25.42).

Congratulations to **Aidan Lewis** for setting records in the 13 Years 50m Freestyle Multi-class (45.23) and 13 Years 100m Freestyle Multi-class (1:54.78), a spectacular achievement.

The GPS Finals - Friday 28 March at SOPAC - starting at 6:30pm.

Please come along and support our HIGH swimmers! Five Award Scheme Points apply.

J Rowlands

MIC Swimming



Captain Cassiel Yun with doughnuts for swimmers



Boys Senior 4x50 Freestyle Relay Team

Weights Room

At Sydney Boys High School, the Strength and Conditioning (S&C) program offers a comprehensive approach to physical well-being, athletic performance, and life skills. The program includes various categories of training and support, such as the Weights Room, in-sport S&C (outdoor weight circuits), PE S&C (including resistance band training), Speed and Agility, onsite physiotherapy, and ongoing exercise physiologist support.

This well-rounded program ensures students excel in sports and thrive in daily activities.

The school's Weight Room provides a structured environment for students to build strength and conditioning. In this space, students refine their technique and develop physical and mental resilience. Weight training improves strength, mobility, and overall fitness, while bodyweight and weighted exercises help enhance body control. This leads to improved performance in both sports and everyday tasks, such as carrying heavy school bags, which can sometimes weigh more than what students lift in training.



Weights Room Hours:

- Monday to Friday: 7:00am – 9:00am.
- Monday and Tuesday: 3:15pm – 5:00pm.
- We also open during the school holidays.

For first-time users, we ask that students arrive no later than 7:15am to ensure a smooth introduction to the Weights Room. There is no formal booking process for trial sessions - students simply need to arrive on time and introduce themselves to the Coach.

Membership Fees:

- **For 2025, a full year's membership:** cost is just-\$315.00! To receive this rate, students must register and pay by **March 26 2025**.
- **Year 7 students only:** If you have already qualified for an early bird discount by paying your invoices in **full**, you can enjoy a special introductory offer for a full year's membership at only **\$190.00!** Don't miss out on this fantastic deal.

Research highlights the importance of early physical conditioning, especially integrative neuromuscular training that focuses on fundamental motor skills. Such training provides long-term benefits like improved movement biomechanics, reduced sports-related injuries, and better health outcomes in adulthood. A program addressing students' physical and psychosocial needs supports not just short-term athletic success but also lifelong physical activity and health.

The Weights Room also teaches valuable life skills, including perseverance, discipline, and respect. Under the guidance of Mr Rich, students from all year groups are given equal opportunities to train and develop personally. The program emphasizes continuous learning, accountability, and hard work. Overcoming challenges builds resilience, benefiting both academic and personal lives beyond the gym.

The success of Sydney Boys High School's weightlifting program is reflected in the achievements of its alumni and current students. In 2024, Old Boy Nelson Cheng was crowned Junior National Champion, demonstrating the program's high level of training. Additionally, a current Year 12 student won the Youth National Championship, showcasing the talent nurtured within the Weight Room. These accomplishments underline the exceptional opportunities the program offers.

For students with injury concerns or those recovering from injuries, the school provides comprehensive physiotherapy support. A physiotherapist is available every Monday from 7am - 9am for free expert advice. For students requiring long-term rehabilitation, Coach Neil Song - an Old Boy, works closely with students, their Coaches, PE teachers, and external health professionals to manage recovery and ensure safe return to full training.

Sydney Boys High School's Strength and Conditioning program offers a supportive environment for physical and personal development. With a registered weightlifting club and impressive achievements, the program prepares students for success in both sports and life.

Kurt Rich

Head Strength and Conditioning Coach



Alex Shao and Nelson Cheng receiving - National Weightlifting Champion Certificates at the 2024 Annual NSWWA Award Ceremony!

SHOOTIN' HOOPS



Year 12 Ccommittee Supporters with Mr Hayman

This weekend marks the very end of the basketball season for this year, at least until the next one in term four, and we ended off on quite a successful note, with many impressive victories throughout all teams. Our last opposing school was Kings, with most teams away near Northern Parramatta, while other age groups remained at High. Although there may have been some mixed results across the school, we generally did reasonably well for these last series of matches with some shining performances from teams.

Of the Opens Teams, there were several victories, and although a few were not won, many came out in High's favor. Firstly, 7th grade swept the floor against Kings, playing at home, and dominated the match from the beginning to the end. They won the match in an amazing 60 - 37 outcome with A. Wang dropping 18 points, carrying the team to this stellar performance. Moreover, 9th grade experienced a similar outcome in their match, pushing up the score until the very end, earning a 12-point victory, also at High. Their star player of the match, John, helped secure this victory with his impressive 30-point game, resulting in a final 48 - 34 score at the very end of the 9ths fixture.

Meanwhile, the 10th's and 11th's both triumphed in a continually excellent manner, with these two teams plowing through the opposition throughout the match. The 10th's held up a strong lead, ending the game 22 - 15, finishing on a great 42 - 6 score.

A mention to the many teams that came very close in their fixtures, only missing out on success by a handful of points. The 2nds only just had victory slip out of reach for them. After a series of tough back-and-forth possessions, sustained up until the very end, ultimately led to the unfortunate loss, 58 - 54, for 2nd grade.



Loyal Supporter-Hui Baruah with Mr Hayman

In a successive manner, the 5ths and 6ths had a homogenous pair of games. Both teams came extremely close but sadly fell short in the end with the 5th's result being 32 - 38 while for 6th grade, the score was 24 - 28. But overall, the opens had a relatively strong performance for this last weekend of basketball. Hopefully we continue onto the very next season with success.

The 16D's had a close game, both sides fighting back and forth, but eventually, the Ds overcame the competition and won. Their final score for this weekend was 31 - 29, with Lucas Breckon carrying up the score with 8 points on his impressive stat line. Likewise, the 15A's won a back-and-forth game against Kings, fiercely holding down the match until the very end, winning 40 - 38. Comparably, the 15B's followed this suit of close yet hard-won matches, fighting for the ball from beginning to end, winning a tight 29 - 27 game.

The 15E's experienced similar success this weekend. The E's almost doubled King's score, earning a tough match, with Hammad Mahmood bringing up this performance with his 11 straight points, ending the match 39 - 22. Meanwhile, the 14F's experienced a closer match, with the score being drawn closer and closer together as the game progressed. With partial thanks to star player Louis, dropping 8 points during his time on court, allowing for an excellent 22 - 19 win. Lastly not winning, the 14B's had a great performance against Kings, tying in a back-and-forth game between the two teams, with help from Dennis Shek, the MVP of the match, drawing their competition 25 - 25.



Finally, an acknowledgment to the many teams that only just had victory slip out of their grasp. First off, the 16F's had a close score against Kings, with T. Zhang dropping 10 points, with the match ending on a slight one-point difference, 22-23. Meanwhile, the 15C's, in a similar position to the 16F's, with only a minute or so left on the clock, were fouled allowing for two potentially game-changing free throws. Unfortunately, only one was missed, leading to an unfortunate 23 - 24 loss. On the other hand, the 14A's, not coming as close, still held up a fierce offense and defense, with Eric Chen dropping 4 points and Lucas Hu also having 4 points and an admirable 4 blocks. Sadly, the 14A's lost their match 18 - 25, they still held up strong competition throughout.

At lucky last, the 13A's fought hard for the win, hustling for the ball and driving robustly to the rim from beginning to end, but only just lost 37 - 38. Overall, we had a relatively good outcome for the younger years this weekend, which can hopefully be continued into the oncoming seasons.



Basketball Canteen Legend-Grace Guan



I would like to thank everyone involved in the smooth running of the basketball program for the 2024-2025 summer season.

To those who show continued support from beginning to end or just simply one-time/occasional volunteering. We thank you!

Thank you to Mr. Hayman, basketball committee members, volunteers, and coaches, for your rigorous work and dedication to the program.

This season's program has allowed for amazing success and experiences for all age groups. Without all your contributions, our school's basketball program would not have been as exciting or fortunate as it currently is. We hope that you can remain and continue to support us as we progress through our years at High and further on.

To all players, whether you are new to the school or not, thank you for showing up and putting in the effort each training session.

The basketball program is a machine that needs constant effort put into it, from players, coaches, and managers alike.

Continue training as we head into the winter season, and don't forget to relax, when necessary, work when required, and train when needed.

Hard, Smart, Together!

Anthony Jiang 9T



Super Coach-Aaron Waban with the Mighty 15A and B sides.

Go HIGH!
Play Hard, Play Smart and Play Together!
Thanks to everyone who makes Shootin' Hoops possible.
Brought to you by Anthony Jiang.



The Cross-Country season has officially started!

- **Senior Trials** will take place on **Wednesday March 19** - from 1:00 PM to 3:00 PM.
- **Junior Trials** will be held on **Thursday March 20** - from 1:00 PM to 3:00 PM.

After the trials, students will be placed into either the **Competitive Squad** or the **Development Squad**.

Starting the week of **Monday March 24** - all students will participate in:

- **Monday afternoon** sports sessions.
- **Wednesday (Senior) or Thursday (Junior)** sports sessions.
- **Wednesday (Junior) or Thursday (Senior)** afternoon training.

Additionally, there will be **Saturday competitions or training** each week.

Ensure you're available for these sessions as they are a vital part of the Cross-Country season!

Additional and live details can be found on the students' clipboard.

The CANVAS sport page features a Google document with key dates for the 2025 season.

Key Dates for this Term:

- **Saturday 29 March** – GPS Trial - Centennial Park (High Hosting).
- **Friday 11 April** - School Cross Country Carnival.

Feet Health

In cross-country, feet are a runner's most important asset. Proper foot hygiene and the correct use of socks and shoes are essential not only for comfort but also for preventing injury, enhancing performance, and ensuring long-term foot health. By maintaining foot health and wearing the right gear, athletes can maximize their potential and minimize the risk of painful and debilitating foot issues.

Below are some tips for foot hygiene tips!

1. Foot Hygiene:

- **Wash and Dry Feet Properly:** After every run, wash your feet with soap and water, then dry them thoroughly, especially between the toes, to prevent fungal infections like athlete's foot.

2. Socks:

- **Ensure a Proper Fit:** Make sure socks aren't too tight or too loose. Avoid wrinkles, as they can cause friction and irritation.

3. Shoes:

- **Wear Properly Fitted Shoes:** Ensure shoes are the correct size for your foot, with enough room in the toe box to prevent rubbing and blisters. Consider getting fitted for running shoes specific to your gait and foot type.
- **Lace Shoes Correctly:** Lace your shoes securely to avoid any movement inside the shoe that can lead to discomfort or injury. Use a locking lace knot for extra security.
- **Check for Wear and Tear:** Regularly inspect shoes for signs of wear and replace them when the cushioning or tread is worn down to ensure proper support and grip.

By maintaining proper foot hygiene and wearing the right socks and shoes, you will reduce the risk of blisters, infections, and injuries, leading to better comfort and performance in cross-country.

Kurt Rich

MIC Cross Country



George Barris and John Prorellis-2024 School Cross Country Carnival!

SYDNEY HIGH TENNIS

The 2024/2025 Tennis season has come to an end!



I would like to thank all the Coaches, Players and Families for their involvement. Formal evaluations are coming up and it would be good to have some feedback from the SBHS Tennis community. If any Tennis player or parent has thoughts or feedback, please feel free to reach out via email or have a chat with me at the Dinner - Saturday 22 March.

RESULTS!

Week 6 vs Kings Results			
Team	Total Matches Won	Total Matches Lost	Winning Percentage
1st Grade	0	9	0%
2nd Grade	2	7	22%
3rd Grade	0	6	0%
4th Grade	6	0	100%
5th Grade	3	3	50%
6th Grade	3	3	50%
7th Grade	5	1	83%
8th Grade	6	0	100%
16 A	1	5	17%
16 B	4	2	67%
16 C	4	2	67%
16 D	5	1	83%
15 A	4	2	67%
15 B	6	0	100%
15 C	5	1	83%
15 D	6	0	100%
14 A	0	6	0%
14 B	0	6	0%
14 C	0	6	0%
14 D	0	6	0%
13 A	4	2	67%
13 B	3	3	50%
13 C	5	1	83%
13 D	0	6	0%
Total	72	78	48%



15A and 15B at Kings



1st Grade - Supporting each other!



SAVE THE DATE!

END OF SEASON SOCIAL DINNER!

Date: Saturday 22 March

Time: 2pm-6pm

Location: School Tennis Courts

Cost: \$20.00 per person or \$50.00 for family of 3 or more--money goes towards food, drinks, court hire and prizes.

Paid in cash to Kurt Rich.

Kurt Rich
MIC Tennis

ATHLETICS

SBHS ATHLETICS 2025 Program

Congratulations to the following boys for their strong performances at the NSW Junior Track and Field Championships. Alex Ruhfus with a bronze medal in the U16's 100m 11.10 equal fastest 100m by a High Student. Nicholas Fung came 7th in the 110m hurdles 15.36.

Below: How to be best prepared for High Athletics 2025.

Attend and perform at the Annual School Athletics Carnival - **Tuesday 25 March** at **ES Marks**.

Athletics Training will occur on Tuesday mornings during Term 2 leading up to the GPS Athletics season.

Kurt Rich

MIC Athletics

SBHS ATHLETICS Carnival Program

Track Guide Times	Track Event #1	Field Times	Field Event
8:30am	Hurdles	8:30am	12's High Jump 13's Shot Put 14's Long Jump 15's Javelin 15's, 16's and 17+ Triple Jump 17's Discus Panel A
9:30am	100m Heats	9:30am	12's Shot put 13's Long Jump 14's Javelin 16's Discus 17+ High Jump Panel B
10:30am	800m	10:30am	12's Long Jump 13's Javelin 15's Discus 16's High Jump 17+ Shot Put Panel A
11:30am	200m	11:30am	12's Javelin 14's Discus 15's High Jump 16's Shot put 17+ Long Jump Panel B
12:30pm	400m	12:30pm	13's Discus 14's High Jump 15's Shot Put 16's Long Jump 17+ Javelin Panel A
1:30pm	100m Best of the Best Final Top 10 from all ages Jaggar Gift 1500m Selected Athletes	1:30pm	12's Discus 13's High Jump 14's Shot Put 15's Long Jump 16's Javelin Panel B
2pm	4x100m House Relays Y12 v Teacher Relay		

The 1st Athletics Trial was a huge success with great attendance! Onwards and Upwards!





STUDY SAMURAI

FIVE KEYS TO UNLOCK PERSONAL ACADEMIC PERFORMANCE

The Study Samurai Library includes:

1. THE ELES ONLINE STUDY SKILLS HANDBOOK WEBSITE

Working Better At Home Units

1. Home Study Environment
2. Organisation and Filing
3. Time Management Skills
4. Managing Workload
5. Dealing with Distractions
6. Overcoming Procrastination
7. Developing Motivation
8. Goal Setting
9. Lifestyle and Balance
10. Managing Stress

Improving Your Skills Units

1. Reading Skills
2. Writing Skills
3. Mathematical Skills
4. Science Skills
5. Foreign Language Skills
6. Assignments Skills
7. Research Skills
8. Presentation Skills

Improving How You Study Units

1. Summarising
2. Active Studying
3. Preparing for Exam Blocks
4. Test-Taking Techniques
5. After Tests & Exams

Working Better At School Units

1. Will we ever use this?
2. Using Classtime
3. Asking for Help
4. Dealing with Conflict
5. Groupwork Skills

Using Technology Units

1. Technology Tools
2. Basic Computer Skills
3. Be CyberSmart
4. Useful Apps for iPads
5. Microsoft OneNote

Skills for Specific Stages Units

1. Preparing in Primary
2. Starting Secondary School
3. Mastering Middle School
4. Becoming a Senior Student
5. Studying at University

Tools for Managing Challenges Units

1. Strategies for Dyslexia
2. Remote Home Learning
3. Living Across Two Houses
4. Bullying: Issues and Strategies
5. Managing Part-Time Jobs
6. Educational Kinesiology
7. Your Brain and Memory
8. Live Your Best Life
9. Tips for Parents
10. Tips for Teachers and Schools

NOTE: A subscription to the Study Skills Handbook includes all topics in this first section.

The Study Samurai Library includes everything on this whole page including all the handbook topics.

2. THE HUMAN CONNECTIONS ONLINE WELLBEING RESOURCE

- Module 1: What is stress?
- Module 2: Stress and peak performance
- Module 3: Positive Psychology, what determines happiness
- Module 4: Quick relaxation & wellbeing tips
- Module 5: Learning how to relax, progressive muscle relaxation
- Module 6: Meditation
- Module 7: Mindfulness
- Module 8: Stress and the way you think

- Module 9: Changing your thinking
- Module 10: Turning negative thinking into positive thinking
- Module 11: Breathing techniques
- Module 12: Changing your focus
- Module 13: Pressure points to help you relax
- Module 14: Time management
- Module 15: Self-image beliefs
- Module 16: How to create positive habits

3. THE STUDY SAMURAI LIBRARY VIDEO LESSONS BY DR PRUE SALTER & ROCKY BIASI (20-30 MINS EACH)

Performance: Achieve personal best performance

- Neuroplasticity (ROCKY)
- Brain Rules (ROCKY)
- 7 Motivation Strategies (ROCKY)
- What Drives Human Behavior (ROCKY)
- How to Set Goals (ROCKY)

- Maximising Classtime (PRUE)
- Practice Methods (ROCKY)
- Mental Practice (ROCKY)
- Practice Principles (ROCKY)
- Getting in the Flow (ROCKY)

- Your Brain and Memory (PRUE)
- Finding Help (PRUE)
- Aligning Goals To Values (ROCKY)
- Model Masters (ROCKY)
- Sustain Progress Develop Mastery (ROCKY)

Study Skills: Know how to make learning easy

- Study Notes 1 (PRUE)
- Mind Maps (PRUE)
- How to Study (PRUE)
- Test-Taking Techniques (PRUE)
- Common Study Mistakes (PRUE)

- Study Notes 2 (PRUE)
- Learning Preferences (PRUE)
- Improving Reading Skills (PRUE)
- Improving Handwriting (PRUE)
- After Tests & Exams (PRUE)

- Study Notes 3 (PRUE)
- Subject Specific Study (PRUE)
- Advanced Memory Techniques (PRUE)
- Preparing for Exam Blocks (PRUE)
- Essay Writing Skills (PRUE)

Time Management: Become organised, efficient and productive

- Home Study Environment (PRUE)
- Organisation and Filing (Paper) (ROCKY)
- Organisation and Filing (Digital Resources) (PRUE)
- Independent Learning (PRUE)
- Managing Workload (PRUE)

- Time to Allocate to Schoolwork (PRUE)
- Creating Afternoon Routines (PRUE)
- Dealing with Technology Distractions (PRUE)
- Dealing with Other Distractions (PRUE)
- Overcoming Procrastination (PRUE)

- Prioritising Techniques (PRUE)
- Managing Workload 2 (PRUE)
- Planning Holiday Study (PRUE)
- The One Thing (ROCKY)
- 80/20 Rule (ROCKY)

Mindset: Develop a growth and success mindset

- When will we ever use this? (PRUE)
- How Winners Think (ROCKY)
- Identity Beliefs (ROCKY)
- Fixed and Growth Mindset (ROCKY)
- Vision and Purpose (ROCKY)

- Senior School Mindset (PRUE)
- How to Change Negative Thinking (ROCKY)
- Problem Solving Questions (ROCKY)
- Mental Mindset of Champions (ROCKY)
- Focus (ROCKY)

- Keeping Things in Perspective (PRUE)
- The Power of Failure (ROCKY)
- 5 Steps To Get Your Head Right For Senior School (ROCKY)
- Changing Your Thinking ABC (ROCKY)
- Strategies for a Growth Mindset folder (ROCKY)

WellBeing: Have energy and motivation

- Lifestyle Factors (PRUE)
- Power Poses (ROCKY)
- Positive Psychology (ROCKY)
- Starting Your Day For Success (ROCKY)
- Creating Positive Habits (ROCKY)

- Sleep and Study (PRUE)
- Stress and Anxiety Relief with The Tapping Technique (ROCKY)
- Accessing The Emotions You Want (Anchoring) (ROCKY)
- Asking Better Questions to change your mental focus (ROCKY)
- Healthy Mind Platter (ROCKY)

- Nourishing Body and Brain (PRUE)
- Meditation and Mindfulness (ROCKY)
- Happiness Advantage (ROCKY)
- Wellbeing Factors (ROCKY)
- Progressive Muscle Relaxation (ROCKY)

STUDY

Dear Students and Parents,

Just to remind you that our school is a subscriber to the study skills website www.studyskillshandbook.com.au including the Study Samurai video library.

This website will help you develop essential skills for academic success.

There are units of work on improving time management skills, how to study, research skills, summarising, technology use, brain and memory as well as many wellbeing topics in the Study Samurai Library.

Everything you need to know about becoming a more powerful learner and improving your marks at school can be found on this site. For example, learn how the colour of your room affects your ability to study, what the best study techniques are for your type of brain, how to improve your handwriting and useful software and Apps to block yourself from technology distractions.

You will also see lots of useful handouts, grids and planners at the bottom of the THINGS TO PRINT page.

To access the handbook, go to www.studyskillshandbook.com.au and **login** with these details:

username: **sydneyboys**

password: **sydneyboys**

OR, through the Student Portal, go to My Library then Online Databases, scroll down to the Study Samurai.

The more of this website you can work through, the more you will set yourself up for academic success.

Miss Joanna Chan

Head Teacher Student Wellbeing



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